

Farmers' Market Potato Salad

Ingredients:

- 1 cup fresh corn kernels (about 2 ears)
- 2 pounds fingerling potatoes, cut into 1 inch pieces
- 2 1/2 tablespoons olive oil, divided
- 2 tablespoons chopped fresh tarragon
- 2 tablespoons cider vinegar
- 2 tablespoons wholegrain
- Dijon mustard
- 1/2 teaspoon hot pepper sauce (such as Tabasco)
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- Cooking spray
- 3/4 cup vertically sliced red onion
- 3/4 cup diced zucchini
- 1 cup cherry tomatoes, halved

Method of Preparation:

1. Preheat oven to 425°.
2. Place corn and potatoes on a jellyroll pan. Drizzle vegetables with 1 tablespoon oil; toss to coat.
3. Bake at 425° for 30 minutes or until potatoes are tender. Place mixture in a large bowl.
4. Combine tarragon and next 5 ingredients (through pepper) in a small bowl, stirring with a whisk.
5. Gradually add remaining 1 1/2 tablespoons oil, stirring constantly with a whisk. Drizzle potato mixture with dressing; toss gently to coat.
6. Heat a large skillet over medium heat. Coat pan with cooking spray. Add onion and zucchini to pan; cook 4 minutes or until lightly browned, stirring occasionally. Add zucchini mixture and tomatoes to potato mixture; toss gently to combine.

Serves: 6, serving size: about 1 cup

Nutrition per Serving:

Calories: 198, Fat: 6.6g, Protein: 4.5g, Carbohydrate: 32.7g, Fiber: 3.8g, Cholesterol: 0.0mg, Sodium: 438mg

Recipe adapted from Cooking Light

Recipe courtesy of Michele Powers-Farber, R.D.